

# REV UP YOUR ENGINE

## HEALTHY BODY, HEALTHY HEART

### Leader Guide

Hand out Hearthfire lessons # 8-A “Does Your Engine Purr?” and # 35 “ Here’s To A Healthy Heart”.

- ❖ You may want act out the scenario in # 35
- ❖ You may want to cut-up and distribute the body parts in Laughter for Life to get more audience participation.
- ❖ You may want to share some uniquely different heart attack symptoms of a friend or family member.

We will touch on the highlights of the two Hearthfire lessons.

Who holds the key to your health? **You do!!!** You are the only one who can tune-up, clean-up and fuel-up your body the way it needs to be.

**Does your engine purr?** Think of your body like a car. You need to do regular maintenance to keep it running right (ie) Reduce stress, lower cholesterol, eat right, get plenty of rest, get regular check-ups and exercise regularly.

**Detail your car?** Treat your body the same way, since we rarely get all the vitamins our body needs from our food you may need to add supplements to your daily regimen, check with your doctor. Try “Detailing” yourself once a month with a massage, it relieves tension and releases toxins in your body.

**Put a tiger in your tank.** You need to know the food pyramid and how it works. Unhealthy eating habits begin in childhood and can set you up for diseases that can ruin your health, lifestyle and even end your life.

Heart disease is the #1 killer of women. For 63% of women who die of heart disease, there were no previous symptoms of this disease.

Every 29 seconds, an American will suffer a coronary event, and about every minute someone dies from one.

More women than men died of a heart attack in 2000.

## **SYMPTOMS OF HEART ATTACK**

**Women usually get different symptoms than men, so be aware of anything unusual. Including, but not limited to the following symptoms.**

- ❖ Feeling breathless, often without chest pain of any kind.
- ❖ Flu-like symptoms (clammy, nausea, cold sweats, unexplained fatigue or dizziness).
- ❖ Unexplained fatigue, weakness or dizziness.
- ❖ Pain in the upper back, shoulders, neck or jaw.

## **Preventive measures for a healthy life**

- ❖ Reduce cholesterol
- ❖ Lose weight
- ❖ Eat right
- ❖ Exercise
- ❖ Reduce stress
- ❖ Get regular check-ups

Diabetics are treated as potential heart attack victims. What is good cholesterol levels for normal people can be abnormal for diabetics.

However, things are not as bleak as they once were. Medical advances and better understanding of what makes the heart tick means that many people survive a heart attack these days.

Are you ready to take charge of your life?????

## **REV UP YOUR ENGINE HEALTHY BODY, HEALTHY HEART**

Member Handout

A new era of nutrition was ushered in when the ball dropped on Times Square at midnight on Jan.1, 2006. The Food and Drug Administration now requires that food manufacturers tell us when they add at least 0.5 grams of trans fat to their products. We still don't have minimum and maximum standards for trans fat intake because our bodies don't need these fats at all. In fact, trans fats cause the bad cholesterol that leads to heart disease. These new label requirements will make it easier to compare foods to find the healthiest options.

Trans fats are major contributor to blood sludge. Although they do occur naturally, for the most part, trans fats are added to foods. These fats are made by saturating fat chains with hydrogen to make frying easier. They also help preserve popular snack foods like chips, cookies and cakes and make margarine, shortening and spreads semi-solid. Small amounts of trans fats are found in butter, milk, cheese, beef and lamb. Trans fats are abundant in junk food and are devastating to our bodies when we eat too much of them. They work with saturated fat to help form arterial pile-ups for the 12.5 million Americans with coronary heart disease. They also lower your levels of HDL, or the good cholesterol.

Be warned, trans and saturated fats are not the only things you and others with high levels of LDL, or bad cholesterol, should worry about. You must pay attention to total fat, saturated fat, trans fat and cholesterol. Here are the basic rules for assessing a food's fat content:

- Divide the calories from fat by the total calories.
- If the calories from fat exceed 30 percent of the total calories, find an alternative item with a lower percent of fat.
- If the percent Daily Value (%DV) for saturated fat or cholesterol is greater than 20 percent, find an alternative item.
- When comparing two or more items, combine the grams of saturated fats with the grams of trans fat and select the one with the lowest total.

The real answer to lowering your intake of trans fat is not locked in labels for cookies, pies and cakes. There is a foolproof way to limit the amount of these nasty fats in your diet. **Eat lower on the food pyramid.** The less processed an item is, the less likely it is to have trans fats. Add more fruits, vegetables, whole grain pastas, beans and high-fiber cereals to your diet. When choosing animal products, eat fish, selected lean cuts of meat, take the skin off poultry and consume low-fat milk products. Bake, grill or broil meats, and let herbs, lemon, tomato and other fat-free spices and sauces add zest to these dishes. Use the healthier fats found in olive and canola oil when you must add fat to a dish. As always, be sure to get at least 30 minutes of aerobic exercise three times each week.

The new food labels will gradually appear on the shelf as manufacturers deplete their stock of items with the old labels. In the meantime, be strategic, bypass the junk food aisles- cupcakes may be sweet on your lips but are harsh on your heart. Buy enough fruits and vegetables to make sure that at least half of the foods on your plate are vibrant shades of green, red, yellow and orange. Chances are if you shop the perimeter of the grocery store you will miss many sources of trans fats. But your heart won't.



## LAUGHTER FOR LIFE

Scientists have been studying the connection between humor and health. A recent study at Stanford University had put subjects into an MRI and made them laugh, and then they were able to map the brain and found that laughter stimulates the “feel good” chemical messenger DOPAMINE, which makes you want to do it over and over again such as eating chocolate or having sex. Laughter can be addictive to the brain. The study found that laughter can be a whole body tonic, it sends signals to dozens of muscles and glands all at once.

### FACE:

When we laugh, as many as 15 small muscles squeeze our faces into a smile. Increased blood flow may make us a bit pinker and give us a happy glow.

### EYES:

Our tear ducts can activate and we can literally cry with joy, tears, whether happy or sad may reduce symptoms of stress.

### MOUTH:

Researchers have tested the saliva of patients after laughter and found that they have higher levels of disease fighting agents called immunoglobulins, also found higher levels of killer T-cells, suggesting that laughter may raise our immune functions.

### VOICE:

Our vocal equipment has to work hard to produce high pitched laughter. The diaphragm pumps up and down, fills the lungs, then blasts air out up through the voice box to produce a laugh. Because the lungs are exchanging much more air than normal, they enrich the blood with oxygen.

### BLOOD VESSELS:

The inner lining of the blood vessels or, ENDOTHELIUM (endo-thee-lium) are affected by laughter and produce chemicals, good when expanded and bad when constricted. In a research study done over two days, researchers put a pressure cuff on the subjects and blew it up to restrict blood flow, then, the subjects watched a scene from a stressful movie ( Saving Private Ryan).and on the second day they watched a comedy scene from ( Something about Mary), each day the cuff was released and the researchers used an ultrasound machine to see whether blood vessel lining expanded or constricted. The Endothelium expanded after the funny movie and narrowed after Private Ryan. When the blood vessel lining expands, we get a shot of good chemicals like NITRIC OXIDE, which reduces clotting and inflammation. When the vessel lining constricts we get a shot of stress hormones like CORTISOL, which makes our blood clot and can lead , over time, to heart disease.

**BELLY LAUGHS:**

Laughter is inner jogging. The heart rate and blood pressure go up while we laugh and then fall below baseline, the same as with exercise, this could be a very important exercise for elderly and sick people who can't get out and run two miles. According to the research, it took ten minutes on a rowing machine to elevate the heart rate to the same levels provided by a good belly laugh.

**PAIN RELIEVER:**

Laughter increases our tolerance for pain. The researchers did the same tight cuff test and found that subjects who had watched 20 minutes of Lily Tomlin could tolerate a tighter cuff than those who had watched an infomercial.

Seeing the funny side of life can keep you alive and young. Look at Bob Hope, Milton Berle and George Burns, look at how long the great comedians lived. So, the message here is, keep laughter in your life for a longer, healthier life.

**References:**

FCE Hearthfire lesson # 8-A "Does Your Engine Purr?"  
FCE Hearthfire lesson # 35 "Here's to a Healthy Heart".  
Readers Digest ( I Am Joe's Funnybone)  
MSN Health & Fitness



# MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS



## GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

## VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

## FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

## MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

## MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;  
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



MyPyramid.gov  
STEPS TO A HEALTHIER YOU

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# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

### Proportionality

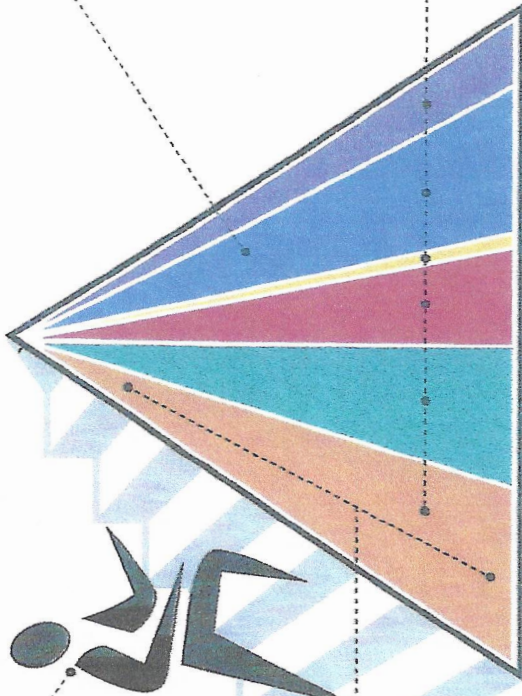
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

